



This here is the november STORAGE BOX NEWSLETTER !!

GOES WITH The BIG BOX!

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Winter is upon us! Here on the farm, it really does seem like we went from full-on crazy harvest mode one day, to full-on freezing cold outside and crazy-time inside in the packing shed the next. We are loving every minute of it though. It is such a joy to be washing and packing the "fruits of our labors" that we worked so hard for this season. People keep asking us: "So, when do things slow down for y'all?"... and I'm

starting to wonder that my own self. We are still going very strong with 12 hard working souls coming in every day to keep the farm running. And we're able to keep doing it because of you all, so THANK YOU! Pretty soon here, as the 2015 seed catalogs start to arrive, we need to start thinking about next season and it all begins again like one giant roly poly see-saw ferris wheel of fun and awesome-ness. We love it! HAPPY THANKSGIVING TO YOU ALL!

-- Mike

THIS WEEK'S BOX

- Acorn Squash
- Beauty Heart Radish
- Brussels Sprouts
- Butternut Squash
- Carrots
- Garlic
- Gold Turnips
- Green Kale Tops
- Parsnips
- Red Beets
- Red Potatoes
- Rutabaga
- Sweet Potatoes
- Red & Yellow Onions
- Yellow & Blue Potato Mix

DID YOU KNOW?

To peel or not to peel... that is the question. After 8 years of being married to a woman who believes that peeling fruits & vegetables should be a crime, I thought that keeping the skins on veggies like carrots, potatoes or sweet potatoes was a no-brainer. And I was also under the assumption that the peels are where the nutrients are so you should keep them in tact whenever possible. But maybe I'm wrong in my anti-peel sentiment? Obviously it comes down to personal taste, but before you pick up that peeler, here's some questions you might want to ask yourself:

- 1) *Is it organic or not?* Peels hold a lot of those nasty conventional pesticides. Of course, **EVERYTHING** that we grow is organic, so no worries there... but what about the other stuff in your fridge? If it's conventional - I'd probably peel it.
- 2) *Are the kids watching?* Supposedly kids don't like peels like they don't like bread crusts. I say what they don't know...they probably won't taste.
- 3) *How will the vegetable be prepared?* Pureed soup? Pshaw. No way am I peeling those carrots or potatoes. They add flavor! I may peel a roasted beet or sweet potato, but I'm not meticulous about it.
- 4) *How dirty are they?* We take great care at washing and sorting our vegetables, but sometimes some dirt will slip past our watchful eyes. But you might be better off just scrubbing, rather than peeling.
- 5) *Am I in a hurry?* Peeling takes time. Not peeling doesn't. Duh.
- 6) *Is it fresh?* Vegetables, like sweet potatoes will develop thicker skins as they get older. If it's starting to look wrinkly... you probably want to peel it.

So the real question remains... are there vital nutrients in the peel that you will lose by removing it? Here's what google has to say:

While there are certain compounds found only in the skins of fruits and vegetables, most nutrients found in the skin are also in the flesh. According to the United States Department of Agriculture, a large red apple with its skin intact contains about 5 grams of fiber, 13 milligrams of calcium, 239 milligrams of potassium, and 10 milligrams of vitamin C. But remove the skin, and it still contains about 3 grams of fiber, 11 milligrams of calcium, 194 milligrams of potassium, and plenty of its vitamin C and other nutrients.

If a dislike for skin is standing in the way of you eating certain types of produce, don't feel too guilty about removing it. But I stand by wife and say save time and nutrients.... Don't Peel!

WHAT THE HECK DO I DO WITH THAT?

RUTABAGA

Rutabaga doesn't have to be one of those dreaded veggies that sits in the back of the fridge, drawing social security. They are actually quite delicious! Here are some ideas of what to do with them:

- 1) Mash 'em: Try the recipe on the next page... or try flavoring the mashed root with maple syrup and bourbon.
- 2) Add fruit: With its slightly sweet, slightly earthy flavor, rutabaga does well with apples and pears, especially. Try roasting rutabaga cubes with cubed pears or apples and big chunks of onions.
- 3) Go Cheesy: Substitute rutabagas for potatoes in your favorite gratin dish.
- 4) Put it in a soup: There all sorts of amazing soup recipes on the interwebs: Creamy rutabaga chipotle soup, rutabaga bisque,
- 5) Make fries: I've heard of sweet potato fries and carrot fries. Apparently you can make rutabaga fries, too. Try rutabaga oven "fries" baked with rosemary, garlic and olive oil, or other flavors (the garam masala version sounds particularly good).
- 6) Roast 'em: Combine them with other root vegetables like carrots, parsnips and beets, toss with oil, salt & pepper and roast at 400 degrees until soft.

A few words about your storage box: nearly everything can be stored for a number of weeks, so please don't be overwhelmed if you feel there is too much stuff. It is time to discover those nooks and crannies of your fridge, pantry, cupboards and even closets to squirrel away your goods (just don't forget about them!) Remember, as a general rule: keep things out of the light and most importantly: dry! This will help tremendously in the storage of your vegetables.

HAPPY THANKSGIVING! --dani

Acorn Squash - a very moist, yellow fleshed squash classically cut in half & roasted cut side down & served with butter and brown sugar (return to the oven for a couple of minutes cut side up after filling the cavity with the butter & sugar). Store at room temperature or a bit cooler for several weeks.

Beauty Heart Radish - There will be 2 of these in your box. Look for the whitish-green globes with the pinkish tinged bottom and pinkish roots coming off the bottom. You'll know they are a beauty heart when you slice them open and see the vibrant pink insides. These are great thinly sliced on a veggie platter with hummus in the center. A wonderful addition to that Thanksgiving salad. They will store for a month or more in plastic in your fridge.

Brussel Sprouts - A perfect amount of brussel sprouts to roast up and serve as a side dish. They are also wonderful combined with root crops like parsnips and turnips in a roasted root dish. There will be some cleaning involved with these guys - and that involves peeling back a layer if it is yellow or too spotted. Store them in the plastic bag that they came in for up to a week.

Butternut Squash - butternuts are the easiest squash to peel, due to their smooth skin - great for peeling, cubing, & simmering in soup when you don't want to get the oven going to roast it. Or, fire up that oven, cut squash in half, place cut side down in a baking pan and bake for 30-40 minutes (or until soft). Store at room temperature for many weeks or at 50-55 degrees for longer.

Carrots - There are about 5 pounds of carrots in your box. They will store for many weeks in the plastic bag they've come in and can be used in so many different ways! Try roasting them in the roasted root recipe, or add to soups and stews. Or just eat 'em up raw!

Gold Turnips - Look for the whitish-yellow globes in your box. There should be 2 of them. They are the mildest of the winter turnips. Try them raw grated in slaw, sliced with dip, or cooked like any of the other root veggies - boiled, steamed, simmered in soup, or roasted. Their sweet yet slightly spicy flavor is especially delicious cooked alongside pot roast or other roots. Will keep for many weeks in plastic in the fridge.

Green Kale Tops - The weather has been kind enough to us to allow for some kale in your box! Frost sweetened and super good for you. We are giving you the tops of the plants, so there will be a fair amount of smaller leaves, which are actually tastier and more tender than the bigger leaves. Strip the larger leaves from their tough stems & steam them & serve by itself with butter & a drizzle of lemon juice, or saute with garlic & toasted sesame oil & tamari. Or add it to soups, stir-fries, pasta dishes, casseroles, etc. towards the end of their cooking time. Store in plastic in the fridge & use it up within a week.

Mixed bag of red & yellow onions and garlic - all can be stored in your

pantry and should keep for a few weeks.

Parsnips - are the pale, sweet, aromatic cousin of the more widely used carrot is terrific in roasts or boiled & mashed or braised & glazed (try a maple syrup & beer or honey & butter glaze). It cooks just like a carrot, & like organic carrots: no need to peel, just scrub. Store in plastic in the fridge for several weeks.

Red Beets - What's Thanksgiving w/o that dish of cold pickled beets on the table that only grandpa and that wierd uncle Bob eat? Try roasting them instead with oil, salt and pepper and they'll be gone before the turkey is....maybe. Store for months in plastic, in the crisper drawer.

Red Potatoes - Great for mashing, roasting or frying. Store these spuds in the paper sack that they came in and keep them out of the light!

Rutabaga - is another underutilized & tasty storage veggie. Look for 2-3 yellowy beige roots with purple tops in your box. Its creamy color, earthy sweet flavor, & smooth texture is great mashed or in soups, stews, or roasts. You can also grate it raw in slaws.

Sweet Potatoes - are chocked full of sweetness, vitamins, & minerals. Some of our sweet potatoes' skins are turning black but don't be fooled - underneath it a whole lot of pink deliciousness. Bake them whole or peel & cut for soups, mashes, casseroles, or oven fries or grate & add to pancakes, hashbrowns, or baked goods. Store at room temperature for several weeks.

Yellow & Blue Potato Mix - there will be a 5 pound bag of yellow potatoes in your box. We like to cube them and roast with oil, salt & rosemary. Simple and delicious. For mashing, I'd leave out the bluse and stick to the yellows or reds.

LANTTULAATIKKO (FINNISH MASHED RUTABAGA CASSEROLE)

This hearty Finnish side dish is similar to mashed potatoes, but with the special, earthy flavor of rutabagas (lanttu), Lanttulaatikko is a favorite Christmas dish on Finnish holiday tables.

Serves 4-6
2-3 medium rutabagas (about 1 1/2 pounds)
1/2 cup breadcrumbs
1/2 cup heavy cream or half-and-half
2 Eggs, beaten
3 Tbsp dark corn syrup or molasses
1 tsp ground ginger
1 tsp cinnamon
1 tsp nutmeg
Salt and pepper to taste
3 Tbsp butter

Preheat oven to 350°F. Peel the rutabagas, then cut them into large chunks. Place the rutabagas in a large saucepan and add water to cover and a big pinch of salt. Bring to a boil over medium-high heat, then reduce heat to medium and boil until cooked through and tender, about 15 to 20 minutes. Drain and set aside to steam dry.

Add the breadcrumbs, heavy cream, eggs, syrup or molasses, ginger, salt and white pepper to a large bowl and whisk together. Use a ricer or potato masher to mash the rutabagas until they are smooth. Stir the breadcrumb and cream mixture into the mashed rutabagas. Adjust seasoning with salt and white pepper.

Transfer the mashed rutabagas to a buttered casserole dish and make a decorative pattern on the top using a fork or spoon. Dot the top of the rutabagas with the butter and place in the oven.

Bake the lanttulaatikko for about 45 minutes, or until cooked through and browned on the top. Serve hot with roast or braised meats.

SUPER-EASY GINGERED PEARS AND PARSNIPS

3 medium (or 2 large) parsnips, cut into wedges
2 medium pears (preferably Bosc, or something equally firm), cut into wedges
1/2 cup white wine
1/2 cup chicken (or veggie) stock
2 Tbsp butter
juice of 1 lemon
3-6 slicers of fresh ginger
1 bay leaf
1 pinch sugar
1 pinch red pepper flakes

Combine all of the ingredients into a skillet that has a lid. Partially cover and boil until the liquid evaporates and the pears brown, about 20 minutes. Stir in a splash of water.

SWEET POTATO APPLE SAUSAGE BAKE

This recipe comes to us from Noah's Mother-in-Law, Emily. It is a tried and true winner!

3 parts sweet potatoes, peeled & cut into 1" cubes
2 part apples, cubed a bit smaller
1 part Italian sausage, rolled into small balls
1 part onions, cut into thick pieces (optional)
salt & pepper to taste
Instructions
Mix all ingredients into a single layer in a cast iron pan or baking dish.
Bake at 350 for about 45 minutes or 400 degrees for about 30 minutes.
No need for oil, the grease from the sausage & juice from the apples should suffice for moisture.

ROASTED ROOT VEGETABLES

8 c. mixed root vegetables, cut in 1" pieces (carrots, potatoes, sweet potatoes, turnips, beets, rutabaga, parsnips, etc.)
1 large onion, cut into large wedges
3 Tbsp. Driftless Sunflower oil
2 Tbsp. honey
2 Tbsp. balsamic vinegar
salt & pepper to taste
6 cloves garlic, coarsely chopped
3 Tbsp. fresh herbs (like rosemary, thyme, sage, or parsley), chopped

Preheat oven to 400 degrees.

Place cut root vegetables & onions in a large, deep baking dish. Whisk together oil, honey, & balsamic in small bowl & pour over vegetables. Add salt & pepper & toss to coat. Roast for 30 minutes (uncovered), stirring a couple of times. Add garlic & fresh herbs & continue to roast for another 15-20 minutes, until vegetables are caramelized on outside & tender on inside. Serve hot.

HOW THE HECK DO I CARAMELIZE AN ONION?

3 tablespoons butter
2 tablespoons Driftless Organics Sunflower Oil
2 1/2 pounds onions. thinly sliced
Salt and pepper
2 teaspoons sugar

In a large skillet, melt the butter in the olive oil over medium-high heat. Add the onions and 1/4 teaspoon each salt and pepper, and cook, stirring constantly, until the onions begin to soften, about 5 minutes.

COLESLAW WITH CARROTS AND BEAUTY HEART RADISH

Serves 6

1/3 cup white wine vinegar
1 to 2 tablespoons sugar (optional)
1 clove garlic, finely chopped
1/8 teaspoon ground cumin
1/8 teaspoon dried oregano
1/8 teaspoon dry mustard
4 cups finely shredded green cabbage
2 cups shredded carrots
1 cup shredded beauty heart radish
Salt and pepper to taste

In a large bowl, whisk together vinegar, sugar, garlic, cumin, oregano and mustard just until sugar is dissolved. Add cabbage, carrots, radish, salt and pepper and toss gently to combine. Cover and chill for at least 4 hours before serving.

CREAMY BUTTERNUT SQUASH RISOTTO

Serves 6

7 Tbs. unsalted butter
2 Tbs. minced fresh sage
6 cups vegetable or chicken stock
2 cups butternut squash puree
2 Tbs. Driftless Sunflower Oil
2/3 cup caramelized onions (see other page on how to caramelize an onion)
2 cups Arborio rice (found in most grocery stores)
1 tsp. minced fresh rosemary
1/2 cup dry white wine
1/2 cup grated Parmigiano-Reggiano cheese
Salt and freshly ground pepper, to taste

In a small saucepan over medium heat, melt 4 Tbs. of the butter. Add 1 Tbs. of the sage and heat until the butter browns. Strain the butter into a small bowl and discard the sage. Cover the bowl to keep the butter warm. In a large saucepan over medium-high heat, whisk together the stock and squash puree. Bring just to a simmer, 8 to 10 minutes; maintain over low heat. In a large saucepan or risotto pan over medium heat, warm the oil. Add the caramelized onions and rice and stir until the grains are well coated with the oil and are nearly translucent with a white dot in the center, about 3 minutes. Stir in the remaining 1 Tbs. sage and the rosemary. Add the wine and stir until it is absorbed. Add the simmering stock mixture a ladleful at a time, stirring frequently after each addition. Wait until the stock is almost completely absorbed before adding more. When the rice is tender to the bite but slightly firm in the center and looks creamy, after about 30 minutes, stir in the remaining 3 Tbs. butter, the cheese, salt and pepper. Add more stock if needed so the rice is thick and creamy. Let stand for 2 minutes. Drizzle with the reserved sage butter and serve immediately.

KALE-POTATO GRATIN

Serves 8

2 pounds red or yellow potatoes
1/4 cup olive oil or Driftless sunflower oil
4 cloves garlic, minced
2 teaspoon coarse salt
1 teaspoon pepper
1/3 cup bread crumbs
1/3 cup grated Parmesan cheese
2 kale tops

Preheat oven to 350° F.

Get a pot of water boiling large enough to fit the potatoes.

Meanwhile, slice the potatoes 1/4"-thick. Set aside. Remove and discard the spines from the kale then chop the remaining leaves in 1/2"-thick ribbons by stacking the leaves and slicing in the direction of the veins. This doesn't need to be exact, as long as you end up with a pile of roughly 1/2"-thick shreds of kale. When the water is boiling, add a dash of salt and gently drop in the potatoes, cooking for about 2-3 minutes, until tender, but not cooked through. Drain and rinse with cold water until cooled. Drain again and dump onto a dish towel and blot.

In a large bowl, combine the olive oil, garlic, salt and pepper. Add the kale and rub the olive oil mixture aggressively into the leaves. Layer the kale and potatoes alternately with a sprinkling of bread crumbs and Parmesan in a 9"x12" rectangular casserole or glass or ceramic baking dish.

Cover with foil and bake for 30 minutes. Remove foil and bake another 15 minutes, until top is crispy.

CREAMY POTATO SOUP WITH CARROTS AND.... TURNIPS!

serves 4-5

2 Tbs Driftless Organics Sunflower Oil
2 turnips, roughly chopped
5 carrots, sliced
4 ribs celery, sliced
3 lb red potatoes, roughly chopped
salt and pepper
1 qt chicken or veggie stock
3 cups water
fresh chives, minced, for garnish

Heat oil in a large pot over med-high heat. Add turnips, carrots and celery. Season with salt and pepper. Cook, stirring often, about 15 minutes. Add potatoes, broth, and water. Bring to a boil, then reduce heat to a simmer and cook, covered, until the vegetables are soft, about 40 minutes. Puree soup in high-speed blender until velvety smooth. I used my Vitamix — it's the best. You can use a food processor or an immersion blender if you don't have a high-speed blender. Be careful: when pureeing hot liquids, only fill the blender halfway, and cover tightly with a clean dish towel so some of the steam can escape; hold the towel over the top tightly so no hot liquid can jump out and burn you! Ladle into shallow bowls and garnish with chives.